



Garrison commander urges residents to follow post sprinkler rules

BY SGT. SUSAN REDWINE
SCOUT STAFF

The "Green, Green Grass of Home," probably was not written by a nostalgic former Fort Huachuca Soldier. In fact, lush green swards of turf don't occur naturally in our desert climate. And as a desert, we need to make the most of what little water we have.

Fort Huachuca has policies regarding outdoor water use in order to maximize water conservation while allowing post residents to maintain the appearance and health of landscape plants.

The issue is of such concern, Col. Jonathan Hunter, the garrison commander, has directed the Scout to place increased emphasis on educating the local population on the importance of water conservation and following local rules regarding the use of lawn sprinklers.

"Fort Huachuca is located in an area where sound water management is critical to protect the San Pedro River," Hunter said. "The Fort has committed to significant water use reduction in order to ensure the Fort can continue to support the vital missions that occur here."

"The watering policy is just one of many stringent water conservations measures we must all follow. It is a written policy or order and carries significant penalties for violation. The third violation of watering rules will result in termination of the right

to reside in government quarters and a command directed move off post. Our missions are too important to jeopardize for cosmetic purposes."

Watering with sprinklers is only allowed in May and June, Grace White, chief of family housing on post, said. In addition, specific hours are set for sprinkler watering.

Residents of the Bonnie Blink housing area may water on Wednesdays and Sundays from 6 to 8 p.m. All other housing areas may water on Tuesdays and Saturdays from 6 to 8 p.m.

And the post is not taking this issue lightly.

"As a desert environment, water is a critical issue to Fort Huachuca and therefore enforcement of this policy is strict," White said.

Those who choose not to abide by these policies will be issued warnings, White said. The first warning will go to the offender's battalion commander, and the second warning also goes to the battalion commander along with a warning that the offender may be terminated from their quarters. The third and final warning will result in the offender's termination from quarters, she said.

The warnings can be issued by either the housing office or by the Military Police, but the memorandums to the battalion commanders are issued through the housing office, she said.

"Although the policy is strict, you can



Photo by Sgt. Susan Redwine

Low maintenance lawns aren't just easy to maintain, they also require far less water than traditional grass lawns.

water by using a hand-held hose anytime throughout the year," White said. "In fact, you are encouraged to use this method to keep our valuable trees and shrubs alive."

By watering in the morning or evening, the sun is not high in the sky and the chance is increased for water absorption into the ground, where it is available to plants. The heat of the middle of the day and the low humidity of the desert air increase the amount of water that evaporates and therefore does not get to the plant, which is not an efficient use of water.

In addition, hand-watering helps to ensure that water will go to where it's needed, rather than running off into pavement, or other areas.

Such strict water-use policies have been instrumental in the declining water usage on post over the past several years.

"You can take great pride in the accomplishment over the last several years," White said. "Enjoy Fort Huachuca's wonderful climate and beauty, but let's continue to reduce water [use] by adhering to the watering policy," she said.

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Don't waste desert water

BY SGT. SUSAN REDWINE
SCOUT STAFF

I grew up surrounded by water. Michigan is the "Great Lake State," bordered on three sides by a system that contains an estimated 6 quadrillion gallons of water, or about 20 percent of the U.S. supply of fresh water. In addition to the vast resource of the Great Lakes, Michigan also has some 11,000 inland lakes.

In fact, the Great Lakes are among my favorite places on earth. In college, I used to drive to the shore of Lake Michigan and just sit and stare out, taking in the bigness of it, feeling the calming power of the water.

Lake Superior is deep and enigmatic. I remember a night on her shore, watching the biggest, most orange moon I've ever seen rise out of those watery depths, which sealed my perception of that body of water as vastly mysterious.

I have memories of singular experiences at each of the Great Lakes, most are personal and transcendent. That's how it goes if you allow yourself to experience natural wonders.

Moving to the Arizona was something of a change from my home state. Despite the 180-degree difference in landscapes, Arizona is also overwhelmingly beautiful.

I have not ceased to wonder at it in the more-than-year that I've lived here, and I know I will miss it when I change duty stations soon and move back East.

One thing that I do not understand, however, is why people move here and then try and have a lush, green lawn. As you drive around, do you really see natural areas of green turf? No, that's not the nature of the desert's beauty.

People come here and think the desert is some kind of wasteland. That simply is not true. There is more biodiversity here than in my water-abundant state. I am amazed by the sublime beauty of this place and will heartily argue that anyone who does not see it is not looking closely enough.

Moreover, I don't know why you would want to change it and waste what is probably the most precious commodity in these parts – water. Instead of the East Coast ideal of green landscaping around your desert home, why not try the abundance of native plants that are not only beautiful, but low-maintenance?

Even in Michigan, we have watering restrictions, water-saving initiatives and international consortiums on the conservation of this precious resource (did I mention the 6 quadrillion gallons of fresh water?).

It blows my Great-Lake-State-mind that anyone here would do anything but treat water with the utmost

caution and respect, like the life-giving resource it is.

Editor's note: Great Lakes water volume statistics were published in the Oct. 25, 2004 edition of the Duluth News Tribune, Web address www.duluthsuperior.com/mld/duluthsuperior/10008976.htm and were quoted from the International Joint Commission, Great Lakes Commission. Inland lake information is available on www.michigan.gov.



Photo by Sgt. Susan Redwine

Water conservation is especially important in a dry climate like Arizona.

Scout On The Street

How do you deal with the heat?



JEFF RHODES



STAFF SGT. JOSH HEINTZ
139TH AIRLIFT WING, ST. JOSEPH, MO.



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STAFF SGT. JANELLE DECKER
139TH AIRLIFT WING, ST. JOSEPH, MO.

In my particular case, I do my best to stay out of it.

I stay hydrated and stay out of the sun as much as possible.

Water.

You can take off your BDU jacket if they allow you to.

The Fort Huachuca Scout

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Garrison commander receives EEO award

BY SGT. SUSAN REDWINE
SCOUT STAFF

Fort Huachuca's garrison commander was honored for his efforts in supporting Hispanic employment Friday in Tucson.

The Southern Arizona Council of Hispanic Employment Managers, a group made up of federal employees from several agencies, honored Col. Jonathan Hunter with the Southern Arizona

Federal Manager/Supervisor Award for 2004 at the group's annual Cinco de Mayo seminar, Efran Medrano, equal opportunity advisor on post, said.

"The awards shall be given for outstanding contributions toward furthering the goals of the Hispanic employment program and for bringing about an awareness of Hispanic concerns in the workforce and/or community," its guidelines state.

Hunter was nominated for the award

for supporting the Equal Opportunity Office's Hispanic Employment Program, and ensuring the program had the proper manpower and funding.

Additionally, he participated in activities and events sponsored by the Equal Opportunity Office geared toward the promotion of Hispanic causes, such as the Hispanic employment luncheon, held annually on post. He also encouraged the office's employees to take part in local job fairs at college campuses that

are recognized as Hispanic Serving Institutions, according to the award nomination.

Nominations for the award are reviewed by a committee comprised of the council president, a council member and a Southern Arizona Federal Executive Association member.

"The goal of this council is to assist the federal government in reaching the under-representation of Hispanic employees within its workforce," Medrano said.

High fire danger leads to BLM restrictions

SCOUT REPORTS

Fall and winter precipitation resulted in the rapid growth of annual grasses and weeds. These fuels have now cured and can readily ignite, leading to a high fire danger. The Safford and Tucson field offices of the Bureau of Land Management will, therefore, initiate fire restrictions on approximately two million acres of public lands in southeastern Arizona, effective Sunday. These restrictions cover all BLM-managed lands in Graham, Greenlee, Cochise, Santa Cruz, Apache, and Navajo counties, and parts of Gila, Pinal, and Pima counties.

Beginning Sunday, May 15, 2005, and until rescinded, the following acts are prohibited:

1. Building or using a fire, campfire, charcoal broiler or wood stove except in developed camping and picnicking areas. However, the use of propane and petroleum-fueled stoves, lanterns or heating devices is allowed beyond developed sites.

2. Smoking, except within an enclosed vehicle or building, in a developed recreation site, or while stopped in an area at least three feet in diameter that is barren or cleared of all flammable material.

Violation of this Fire Prevention Order is punishable by a fine of not more than \$1,000 and/or imprisonment for up to 12 months. Violators can also be held personally responsible to reimburse fire suppression costs.

Fire restrictions will likely remain in effect until the summer monsoons.

Caution is also urged during other outdoor activities. The BLM recommends following these safety guidelines:

— Postpone outdoor burning on your property until temperatures have cooled and winds are calm; ensure that a water hose is nearby.

— Use chainsaws, welding equipment, and other spark-producing devices with extreme care.

— Dispose of smoking materials properly.

— Avoid driving or parking where a hot catalytic converter could ignite dry grass.

If you live adjacent to public lands and have concerns about fire danger, please call BLM fire mitigation and education specialist David Peters at 520-258-7207.

Homeowners are encouraged to protect their property by maintaining a "defensible space" around homes and outbuildings. To do so, clear flammable vegetation within 30 feet of structures. More tips can be found on the Web at www.firewise.org. Stop by any BLM office for a free copy of "Living with Fire" to learn tips on providing a fire-safe zone around your home.

Maps showing the field office boundaries can be viewed on the Web at www.az.blm.gov. For additional information on regional fire restrictions, call 1-877-864-6985 or access the Fire Information page on the Southwest Area Web site at www.fs.fed.us/r3/fire.

Army Management Staff College catalog now online

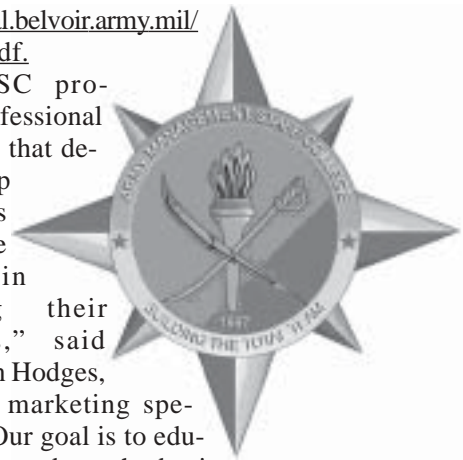
ARMY NEWS SERVICE

The Army Management Staff College's catalog of programs and services is now online.

The Web address is amsportal.belvoir.army.mil/catalog.pdf.

"AMSC provides professional programs that develop leaders who take pride in knowing their business," said Mary Ann Hodges, AMSC's marketing specialist. "Our goal is to educate leaders about the business that is the U.S. Army."

"A well-educated, professional workforce is an asset to the Army," Hodges said. "AMSC is an agent of change – we are transforming Army leaders through education."



Army health center establishes closed record system

RWBAHC
PRESS RELEASE

As of June 1, Raymond W. Bliss Army Health Center will no longer be able to allow patients to hand carry medical records to and from medical appointments. Army Medical Command has directed military treatment facilities to implement the closed record system in order to improve patient care by ensuring continuity of care, patient medical information availability and to maintain patient information privacy.

Often patients feel the medical record belongs to them, and they take the record home for safekeeping. But ultimately this causes big problems in maintaining and accounting for a patient's medical information.

Many patients do not bring the medical record back or they lose the

medical record and important information is lost and not available. This is critical; a health care provider is not able to provide the best care for their patient if they don't have a good medical history.

Many people don't understand that the medical record is actually the property of the U. S. government. And while you may reel a little at the thought of your medical information belonging to anyone but yourself, you should know that this has always been the case in the civilian medical world, and it is vital to properly maintaining your medical information. The actual information contained in the medical record does belong to the patient and you may get a copy of your health information.

Another area of great concern is if a patient has an appointment, but they've kept the medical record at home and forget to bring it with them. Then the

information gathered and compiled at that appointment does not get placed directly into the medical record.

The patient's medical information is placed in a single "jacket" and delivered to the Patient Administration Department but the new health information cannot be filed properly in the medical record because it is not there.

The patient's new medical information is then filed in the single, stand alone jacket and this increases chances that the information could be lost or never placed into the medical record.

In order to provide the best medical care providers should have the all the patient's health information available to them. This is the primary reason the health center is implementing the closed record system, to improve your health care.

Each patient may request one copy of

their medical information from the health center's patient administration department.

If you are retiring or separating from the Army you should request a copy of your medical record at least one month prior to separation.

If you are moving to a new duty station you may not hand carry your medical record. The receiving military treatment facility must request your medical record.

In order to request a copy of your health information please visit the patient administration department's correspondence office on the first floor of the health center. You may also call the correspondence office at 533-2507.

If you have any questions or concerns you may call Capt. Amina Ali-Francis, the chief of patient administration at 533-5159.

Fast track to teacher certification

BY TRUDY BERRY

COCHISE COUNTY SCHOOL SUPERINTENDENT

The Cochise County School Office has been approved to sponsor the pilot program, Alternative Pathway to Certification, by the State Board of Education.

Four of the seven school districts in the state that will be utilizing the program are in Cochise County. The county school office will be partnering with Bisbee School District, Center for Academic Success, Douglas School District and Sierra Vista Schools. These partnering districts will be able to hire and sponsor individuals that meet the qualifications for this program.

The Alternative Pathway to Certification program is designed to expedite the

secondary certification process for those that already have a bachelor's degree in an academic subject area.

The program will allow individuals that meet the requirements to be hired by the district, attend a five-week initial summer program at Northern Arizona University and begin teaching in the fall as they continue their coursework and work closely with a trained mentor teacher.

The two-year program relies heavily on the mentoring model, which will allow a highly qualified teacher to work closely with the new teacher, helping them in adjusting to the teaching environment and providing them with the necessary support to be successful in the classroom.

The qualifications for those interested in this program include a cumulative GPA of 3.0 during their bachelor's degree program, successful completion of a writing competence assessment and all background requirements required by Arizona Department of Education for certification.

Those that enter the program will also be required to pass the Arizona Educator Proficiency Assessment in the subject area they are going to teach.

Participants will be required to pay for the coursework and program fees, but there are scholarships available for those hired in high-need districts, which include Bisbee, Center for Academic Success, and Douglas. Anyone interested in this program can contact Trudy

Berry, at the county school office, or can contact one of the four partnering districts directly. For more information, visit the Arizona Department of Education Web site at www.ade.az.gov.

Expanding the education workforce is critical today in order to provide our students with the best education possible. New routes to teacher certification, such as this program, will give more candidates more access to the classroom, and will provide our schools with high-quality, trained educators prepared and mentored in the subject area they will be teaching.

This pilot program is just the beginning of new trends in teacher certification and Cochise County is proud to be a pilot site.

Army expands retention program eligibility

BY MASTER SGT. CHARLES BRANDON

CONTRIBUTING WRITER

What's the best thing the Army can do with a successful program that meets the needs of Soldiers and achieves Army goals? Expand it and make it available to more Soldiers! Recently that's what Army leaders did with the Army Retention Program. Changes to the program now allow Soldiers who are within 24 months of their ETS date to reenlist. Previously, reenlistment was open only to Soldiers who were within 12 months of ETS unless they incurred some type of service remaining requirement.

While civilians may not be joining the service in the volume that Army leaders would like; it's not the same story when it comes to Soldiers already serving. TRADOC units on Fort Huachuca reported 204 reenlistments in the 212-day period ending May 4. "Reenlistment rates nearing one

per day are extremely high," explains Staff Sgt. Titus Cornell, career counselor for tenant units on Fort Huachuca. "We've averaged more than one reenlistment per day for most of the fiscal year and have exceeded all our assigned retention goals," he explained. "The retention program is good for Soldiers and their families, so why not expand it?"

Details of the policy change include making reenlistment options available to Soldiers who are 18 months from ETS. The purpose of this expansion is to give Soldiers more control over their careers by allowing them an earlier look at reenlistment options like CONUS Station of Choice, overseas assignment, and retraining options. Soldiers who are satisfied with their duty assignment can also reenlist for stabilization at 18 months which precludes them from being put on assignment for a specified period. The new policy also states that Soldiers desiring to be stabilized at their current post must reenlist at least six

months before their ETS date.

Soldiers between 24 months and 18 months of ETS won't have the same options available to them but, if there is a bonus for their MOS they can reenlist for the money. "I've had quite a few Soldiers tell me that they would reenlist if they were in their window because they want that bonus money before it goes away. With the expansion of the window now more of them can ... I guess I've got some contacting to do," Staff Sgt. Matthew Calhoun, 111th Military Intelligence Bde. career counselor, said. Most intelligence MOS's and many support MOS's are currently designated with a bonus multiplier.

All Fort Huachuca Soldiers within 24 months of ETS can contact their battalion reenlistment NCO or career counselor to see what reenlistment options are available to them. Soldiers or leaders with questions can also call the post retention office at 533-3489/2084.

Buffalo Soldier legacy transcends generations

BY SGT. SUSAN REDWINE

SCOUT STAFF

Retired Army Col. Clotilde D. Bowen is a trend-setter and barrier-breaker.

The first black woman doctor in the Army, Bowen graduated from Ohio State University's medical school in 1947.

Bowen made a special visit to Fort Huachuca from her home in Colorado Springs, Colo., to visit the Black Officers Club, a building on post that area citizens are campaigning to renovate because of its historic significance.

She joined the Army in 1955, after spending time in private practice as a doctor. After her first term, she left the Army to specialize in psychiatry and then came back to the Army in 1967 and ultimately retired in 1985.

Recalling an incident at basic training that typifies her disdain for

arbitrary racial barriers, Bowen said she was told by a public affairs officer on Fort Sam Houston, Texas, that she was welcome into any building on post, but was warned not to go off post.

"What did I do? I went off base," she said.

She served with distinction in Vietnam, sometimes advising generals as not only the only colonel in the room, but usually the only woman.

Bowen said she was raised by her uncle, Stephen Brady Barrows, a former Buffalo Soldier who lied about his age in order to join the Army. His nurturing and influence on her is exemplified by how much he sacrificed and saved in order to pay her way through medical school.

But the influence is deeper than just financial support. She said her uncle loved her as a daughter and the memory of their closeness brought tears to her eyes all these years later.

"If it hadn't been for him, I wouldn't be standing here today," she said.

Bowen said she recalls seeing photographs of her uncle's Army unit with the Huachuca Mountains as the backdrop, but when she initially visited the post, she didn't recognize them. It was much later before she connected the area with her uncle's involvement in the historic chase of Pancho Villa with Gen. John J. "Blackjack" Pershing and the Buffalo Soldiers.

She said she recalled seeing her uncle's scar that resulted from the charge up San Juan Hill during the Spanish-American War, which was made famous by Theodore Roosevelt's Rough Riders, but which the Buffalo Soldiers played a key role in, fighting side-by-side with white Soldiers.

With pride, Bowen noted that her



Photo by Sgt. Susan Redwine

The first black woman doctor in the Army, retired Col. Clotilde Bowen visited post last week to see the Black Officers Club, the only building of its kind in the Army.

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Appearance of housing areas

FAMILY HOUSING OFFICE
PRESS RELEASE

Spring has definitely arrived in the desert of Fort Huachuca. Visitors continue to visit our National Historic Landmark as well as other local attractions. We have a significant challenge and opportunity to make Fort Huachuca shine. Just as we all spruce up our homes for friends, families and visitors, we need to keep our post's visitors in mind as well. Spring is also an excellent opportunity for the Housing Division to remind residents of the garrison commander's policy on the appearance of our communities.

Basketball goals, trampolines, swing-sets, etc. must be placed safely in backyards and removed from streets, front yards or driveways. If the equipment cannot be safely placed and used in backyards, they should be removed and stored. Moving basketball goals from roadways and parking areas not only improves the appearance of the areas but insures safety of our children from traffic.

Weeds and grasses are currently growing wildly and should be mowed, pulled or removed in order to improve your yards. Fences should be inspected to make sure they are safe and secure and repairs done as nec-

essary. Carport areas are for storage of vehicles only and not excess household goods, boxes, lawn equipment, etc.

Recreational vehicles to include motor homes, trailers, un-mounted camper bodies, boats, utility trailers, boat trailers, or ATV's will not be allowed in housing areas. They may be at quarters temporarily for loading/unloading over weekends/holidays, but must be removed by 4:00 p.m. the first installation duty day following the weekend. This temporary parking is not authorized on yard areas or impeding or denying access to roads or parking areas.

Recreational vehicles may be stored at

the MWR secure RV lot at Irwin and Jim Streets for a fee or at the new RV parking space at Carter and Lebo which is at the owner's own risk, but no fee. Exceptions to parking in these two sites will only be if the recreational vehicle can fit 100% in a garage with the door closed.

Unit sponsors and housing agents continue to monitor the exterior appearances of our homes. Citations will be given, when necessary, in order bring them to the installation's standards. Please take pride in your homes and our post by taking the time to spruce up your homes and communities.

Army announces latest retention and recruiting numbers

ARMY NEWS SERVICE

Soldiers continue to re-enlist in the U.S. Army at high rates. As previously predicted, the Army missed its April recruiting goals, but remains optimistic about achieving the active Army's recruiting mission by October.

Manning the military force includes two efforts: recruiting and retention. Retention continues to ex-

ceed Army projections. The U.S. Army remains focused on and supportive of Soldiers as well as their families.

As of the end of March, the active Army re-enlisted 34,382 Soldiers, 106 percent of its mission for the first two quarters of the fiscal year. The Army was at about 90 percent of mission at this time last year and finished at 107 percent, boding well for the Army's retention mission this year.

The Army Reserve re-enlisted 8,291 Soldiers, 100 percent of its year-to-date mission, as of the end of March. The Army National Guard re-enlisted 15,689 Soldiers, 100 percent of its year-to-date mission.

The Army is applying additional resources to recruiting and remains cautiously optimistic to achieve the active Army's Fiscal Year 2005 mission. Though

See **NUMBERS**, Page 14

Advertisement

Post air conditioners turning on

SCOUT REPORTS

The Directorate of Public Works has scheduled the changeover from heating equipment to cooling equipment, according to the directorate's upcoming schedule.

Post facilities and family housing units are scheduled to have the changeover completed by May 31.

Any facility that has not been completed by the following dates should call the operations and maintenance contract work control section at 533-5457 or 533-5459 for assistance. Additionally, callbacks

for coolers that have been turned on should be referred to work control until June 15. After these dates, service orders should be placed with the Directorate of Public Works service order desk at 533-3151 or 533-2003 for post facilities or 533-2030 for housing.

In most facilities, this changeover requires the heater to be disconnected before the cooling unit can be activated.

Occupants waiting to have their changeover performed are urged to open windows and wear lighter clothing on warm days. To assure a smooth and quick

changeover, the operations and maintenance contractor has established the following schedule for family housing.

The dates are subject to change if significant weather changes occur or problems are encountered at the housing units.

Seasonal recurring maintenance schedule for housing cooler turn on:

From May 16-20 addresses on Arizona Street, addresses 100-123 on Grierson Avenue, Hines Street, Luke Street and Madden Street are scheduled to have their cooling systems turned on.

Army announces Combat Action Badge

ARMY NEWS SERVICE

In keeping with the spirit of the Warrior Ethos and based on input from leaders and Soldiers in the field to justly recognize the actions of deserving Soldiers in combat, the Army announced the eligibility criteria for a new combat award with the introduction of the Combat Action Badge.

The badge may be awarded to any Soldier, branch and military occupational specialty immaterial, performing assigned duties in an area where hostile fire pay or imminent danger pay is authorized, who is

personally present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with the prescribed rules of engagement.

Although a Close Combat Badge was considered as an option, Army leadership decided the CAB best meets the intent of field commanders to fully recognize Soldier actions in combat.

Commanders at the rank of major general will have award authority. The CAB is distinct from other combat badges. The Combat Infantryman's Badge and Combat Medical Badge will remain unchanged.

The Army will release an administrative message outlining exact rules and regulations for the award in the near future. It will go into immediate production and should be available this summer through unit supply and for purchase in military clothing sales stores.

For more information, contact Maj. Elizabeth Robbins, Army Public Affairs, at (703) 697-5343, elizabeth.robbs@hqda.army.mil or Lt. Col. Pamela Hart, at (703) 693-5662, pamela.hart@hqda.army.mil.

Source: U.S. Army Badges, The Institute of Heraldry homepage, www.tioh.hqda.pentagon.mil/badges/UnitedStatesArmyBadges.htm.

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Photo by Spc. Creighton Holub

Cleaning up

1st Sgt. Julius Gonzales and Spc. Angel Tovar from the 18th Military Police Detachment perform annual spring cleanup and beautification at the MP barracks May 4. Units cleaned up areas around the post last week as part of the spring cleanup and beautification.

Fort Huachuca Military Appreciation Day

Lawley Automotive Group will be celebrating Military Appreciation Day by offering free oil changes, filters changes and safety inspections 8 a.m. to 5 p.m. on May 21. The free services are open to all active, reserve, retired and dependent military personnel. Military, dependant military or retired military identification card required.

Please call in advance to schedule an appointment. Bring any make or model to any Lawley locations for this free service 458-8140

Advertisement

Advertisement

Post employee honored for saving boy from flooded river

BY DAN SIMON
SCOUT STAFF

A raging flood, a desperate child, a split-second decision.

Kevin Derfus had been facing a morning's chores at his Huachuca City home last August, when his wife, Beverly, thought she'd heard a scream.

"We stopped what we were doing and listened," he said. "She said she heard it again.

"It sounds like they're really panicking," Derfus remembers her saying.

The 45-year-old government employee jumped his back fence and raced to the riverbank, scanning the swollen Bobocamari River looking for the source of the sound.

Fast water

"The river was rushing really hard," he recalled. "I looked left and then right and back again. Then I saw a face in the water."

That face belonged to a nine-year-old boy who was caught in the fast-moving waters. What's normally a dry creek bed was filled with runoff from the August monsoons after several days of on and off rains. Derfus' actions that day were honored last week



Derfus describes conditions for the day last August near the spot where he jumped into the Bobocamari River to rescue a young boy, while his wife, Beverly looks into the wash. At the time, the water was more than 5 feet deep.

during a ceremony held by the Southwest chapter of the American Red Cross recognizing "local heroes."

At the time of the emergency, he was dressed in street clothes and wearing his pager, cell phone and wallet, but didn't hesitate.

Jumped in

"I jumped off the bank," he said. "It was about a 15-foot drop.

"As soon as I hit the water, I thought 'Oh no! This might not have been a good idea.' I'd never been in current like that, but I knew my wife was walking the bank and could guide the paramedics to us. I hadn't realized the current would be that strong."

Fortunately, Derfus had been smart enough to pick a point several feet ahead of the swimmer.

"I jumped ahead of where I thought he would be," Derfus explained. "Then I held my arms out and he floated into them."

Scared child

The scared youngster tried to climb onto his rescuer in a frantic effort to get out of the water. Derfus said he tried to calm the child down.

"I asked him his name and then let him climb up my back so he could rest his chin on my head and catch his breath."

As the pair floated downstream, Derfus worked to bring them closer to the riverbank. Coming up fast, a tree loomed neared the water. He tossed the child to it, and told him to hang on.

Caught in the current

"I told him I'd get out of the water and come back for him," Derfus said. "I went about 50 feet downstream before I was able to climb out and come back and get him. By that time rescue personnel were starting to show up.

Beverly Derfus was waiting on the riverbank above the tree. Derfus pushed the child to her and she pulled him up the rest of the way. She'd been on the riverbank, phone in hand, watching her husband in the water.

Shocked wife

"I was shocked (when he jumped in)," she said. "I don't know that I would've done that exactly. It was a split second, and he was in the water. I was up above wondering if I should get a rope or something."

Her husband was only in the water for about four or five minutes according to his wife.



Photos by Dan Simon

Kevin Derfus talks about the day he jumped into a flooded Bobocamari River to rescue a 9-year-old boy. The Fort Huachuca employee was recently recognized by the Southwest Chapter of the American Red Cross.

Happened quickly

"It happened really fast it seemed," she recalled. "He (the child) was OK. He didn't breathe any water in or anything, he was mostly concerned about his shoes."

Derfus, who works for the post's Directorate of Installation Support as a mechanical engineer technician, said he had no choice in the matter.

Last chance

"Our house was the last one," he said. "If he (the child) went past our house, he probably would have gone for miles. He probably would have

gone down to the San Pedro (River) at some point."

The local American Red Cross chapter honored Derfus and several others last week as "Local Heroes" at the organization's annual breakfast. He's also been honored by his local city council, which gave him a lifesaving award and a city citation.

His heroism didn't get him out of his weekend chores though. After letting him lay down a while, his wife reminded him of his responsibilities.

"I made him get back to work," she said.

*"I jumped off the bank," he said.
"It was about a 15-foot drop. As soon as I hit the water, I thought 'Oh no! This might not have been a good idea'."*

Kevin Derfus

DoD warns about insurance, investment rip-offs

BY RUDI WILLIAMS

AMERICAN FORCES PRESS SERVICE

Defense Department officials are working to thwart insurance and investment marketing practices that exploit military personnel.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today you'll have a great deal of money tomorrow," warned Air Force Col. Michael A. Pachuta, DoD's director of morale, welfare and recreation policy. "Also, you should shop (for investment opportunities) like you would for anything else. Don't buy the first thing that comes along. Make some comparisons."

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations, including Camp Pendleton, Calif., and Fort Benning, Ga. This caused DoD to step up its efforts to improve oversight and enforcement of policies.

Brand-new servicemembers are sometimes enticed to go off base to what they think are investment seminars that end up being insurance sales pitches, the colonel said.

"Unfortunately, our policies don't apply off the installation," he continued. "So we have to rely on financial education, which we've tried to improve at the first basic-training opportunities with our new servicemembers."

Pachuta recommended that troops ensure there are no combat-exclusion clauses in life insurance that they buy. "We're going to be in harm's way, and it doesn't make any sense to have a policy that won't cover those kinds of events," Pachuta noted.

He encourages servicemembers to seek counseling and advice for financial matters through base family support centers and legal offices.

Servicemembers should be on the lookout for such

things as something presented as a savings plan with an insurance component to it. That's a red flag, he said. Before buying insurance, servicemembers should compare what the premium would be for a rate of coverage compared to the rate for the same amount of coverage through the Servicemen's Group Life Insurance program.

About 96 percent of servicemembers have SGLI, and 92 percent of them have opted for full SGLI coverage of \$250,000. More than 160,000 servicemembers have military pay allotments for supplemental commercial life insurance. The premiums they pay total over \$190 million per year, according to DoD statistics.

"SGLI, to a large extent, especially for single servicemembers who have no dependents, should fulfill most of their insurance needs," Pachuta noted. "But a lot of times, our young servicemembers are looking at putting away some money. And some of these insurance sales pitches are disguised as savings plans, although there's an insurance aspect to it that wasn't explained clearly when they signed up."

Pachuta suggests that servicemembers who want to open a savings account should consider the Thrift Savings Plan. "It's a tax-deferred plan, and there are not many investments, other than tax-free bonds, that have the same kind of advantages that TSP has," he said.

DoD officials are rewriting parts of the department's commercial-solicitation policy to enhance enforcement. This includes a requirement for installations that detect policy violations to report them to their service headquarters, and from there to DoD. The aim is to keep a record of violations to have them available for installations to check when a new insurance agent wants to do business on the installation.

Pachuta said there are 14 prohibited practices in DoD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-

door, and soliciting individuals during duty hours at their work places.

"Those are the kinds of policies that limit where, when and how an insurance or investment solicitor can make contact and solicit someone on the installation," he said. "We've also been concerned about agents having access to allotment forms and having them there for the servicemember to sign on the spot. And even the agent taking those forms to finance to get them processed."

"We think that really steps over the line," Pachuta noted. "Pay is a personal decision that a member has to make and they need to be the one to process any kind of allotment for an investment or insurance that goes through the military pay system."

He said financial education is the key to stopping servicemembers from being ripped off by unscrupulous insurance agents and companies.

"The department kicked off a financial-readiness campaign about a year and a half ago with 28 federal and nonprofit private organizations that specialize in financial education, such as the Securities and Exchange Commission, Department of Treasury, and National Association of Securities Dealers," Pachuta said. "These are large, reputable organizations that have good information. They have great Web sites, great training tools, and they provided us information we can use in our financial-education programs."

Pachuta said DoD policies apply to any military or civilian employees as long as the transaction takes place on a military installation. "That has been the problem," he noted. "Some people have been enticed to go off the installation to carry out these business agreements. So we're interested in working with the federal and state regulatory agencies to broaden our oversight."

See **WARNING**, Page 14

Advertisement

Range Closures

Today – AC, AD, AG, AL, AM, AR, AU, T1, T1A, T2
Friday – AC, AD, AG, AL, AM, AR, AU, T1, T1A, T2
Saturday – AC, AD, AL, AM, T1, T1A, T2
Sunday – T1, T1A, T2
Monday – T12, T1A, T2
Tuesday – AU, AY, T1, T1A, T2
Wednesday – AM, AU, T1, T1A, T2
For more information on Range Closures contact Range Control 533-7095. Closures are subject to change.

Registration announcement

Wayland Baptist University has summer term registration on at the Army Education Center and at its downtown campus at 1840 Paseo San Luis. Classes begin the week of May 30.
Wayland Baptist University provides daytime, evening and online classes. Wayland offers bachelor’s and master’s degrees, as well as Arizona teacher certification. Majors include business, christian ministry, education, management, communication technology, intelligence operations, criminal justice, and many others. For more information, call 459-6111.

Germany orientation

Army Community Service is offering an orientation 6 p.m., Monday at Murr Community Center for Soldiers and family members going to Germany for the first time. Registration is requested by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Professional development

The Fort Huachuca Chapter of the Military Intelligence Corps Association will hold its quarterly luncheon at 11:30 a.m. – 1 p.m. Tuesday, at the Thunder Mountain Activity Centre. Guest speaker will be Dr. Randy Groth, civilian aide to the Secretary of the Army for Arizona. The menu will consist of sliced ham and turkey with dressing and whipped potatoes.
The cost is \$10 per person and includes service fees and gratuity. Tickets must be purchased no later than Friday. This is open to all Fort Huachuca Soldiers and civilians and is not a fund raising event. For more information, email to Monica DeGrood at mica.huachuca@us.army.mil or call Rich Laszok at 520 234 6181.

Sponsorship training

Army Community Services is offer-

ing unit sponsorship training classes at 9:30 a.m. on Tuesday and again at 1:30 p.m. on May 25 at the ACS Building 50010. Registration is requested by calling ACS at 533-2330.
For more information, call Pamela Allen at 533-5919.

Free materials

The Family Readiness Group is scheduled to hold a community resource class from 1:30 to 2:30 p.m. Tuesday at the Army Community Service Building 50010 for free, but pre-registration at 533-2330 is encouraged.
For more information, call Pamela Allen at 533-5919.

Korea Orientation

Army Community Service is offering an orientation 6 p.m., Wednesday and May 23 at ACS Building 50010 for Soldiers and family members going to Korea for the first time. Registration is requested by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Asian/Pacific Islander Heritage Month

The 11th Signal Brigade Military Equal Opportunity office is sponsoring the

Asian/Pacific Islander Heritage Month Festival 2005. The observance takes place at 11:30 a.m. – 1 p.m., May 25 at Murr Community Center. This free event will include entertainment, food and cultural displays.
The 11th Signal Brigade Equal Opportunity Office is looking for volunteers to assist with the observance or display Asian/Pacific artifacts or items. For more information, call Sgt. 1st Class Jones at 533-5502 or 266-3218.

NCO induction ceremony

All noncommissioned officers on post are invited to an NCO induction ceremony beginning at 3 p.m., May 19 at Murr Community Center. The ceremony will be followed by a social hour from 4 to 5 p.m. All NCOs are welcome to watch the induction of garrison NCOs, and stay for the social hour.

Chapel watchcare jobs open

The installation chapel is looking for part-time employees who enjoy being around children. The positions are available for Sunday and Tuesday with at least three slots open. For more information, call Josephine Moore at 533-4748.

Reflections after Easter: Eyewitnesses important to history

BY CHAPLAIN (LT. COL.) MARK ZERGER
11TH SIGNAL BRIGADE CHAPLAIN

There are some people who think the central message of Easter is the Easter Bunny. That’s like saying the main purpose of the Army is marching in parades.
They miss the main point. The central message of Easter is the resurrection of Jesus Christ. The test for apostleship was that one must have been an eyewitness

to the resurrected Lord (Acts 1:21-22). 1 Corinthians 15: 6 says Christ appeared to over 500 people at one time after He was resurrected.
In the 1932 World Series, the story is told of how the legendary Babe Ruth did something unbelievable by today’s baseball standards. The story says that Ruth stood in the batter’s box with bat on his shoulder and let the first pitch blaze by. Strike one was the call. He repeated this for strike two.
Ruth then pointed his bat toward left center field

has if predicting his home run. The crowd grew silent in amazement. On the third pitch Ruth slugged the ball into the stands exactly where he had pointed.
A warm fuzzy story conjured up by Ruth fans? Not hardly.
It’s true because thousands of tough, skeptical baseball fans saw it with their own eyes.
Those equally tough and skeptical Apostles testified to what they had seen with their own eyes. (1John 1:1).

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal Main Post	
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		

Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

<u>Main Post Chapel</u>		
CCD	Sunday	10:45 a.m.
Adult	Sunday	10:45 a.m.
Apologetics		
Adoration of the	Friday	3-6 p.m.
Sacrament Blessed		
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

<u>Main Post Chapel</u>		
PWOC	Tuesday	9 a.m.

Sunday School	Sunday	9:30 a.m.
<u>Kino Chapel</u>		
Women’s Ministry	1st, 3rd Friday	6 p.m.
Bible Study Fellowship		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Advertisement

Warning, from Page 11

He pointed out that DoD policies cover insurance and investment agents who operate overseas, as well. The companies have to apply to DoD each year for permission to operate on U.S. military installations overseas.

Pachuta said he'd like to hear from individuals who have been taken advantage of by such unscrupulous practices. People can send comments to him at

Michael.Pachuta@osd.mil no later than June 20.

He also recommended that anyone who has a problem with an insurance product contact the appropriate state regulatory agency. "They're the ones that have a strong hammer if there has been a legal or ethical violation," he said.

The Securities and Exchange Commission or the National Association of Securities Dealers are oversight

bodies for investment products. "So if someone feels they've been taken advantage of in the financial-investment arena, those are the agencies they should contact," Pachuta said.

The colonel said that to his knowledge no one has been targeting servicemembers deploying to Iraq or Afghanistan. "The problems we've become aware of have been primarily in training environments," he said.

Buffalo Soldier, from Page 4

uncle enlisted in the Army with a third grade education and retired in 1930 as a first lieutenant.

The history of achievement goes further back in her family – two of her grandparents earned college degrees, her grandfather having been born in Georgia and had been 8 or 9 when the Union Armies marched through the South, she said. She also has uncles, aunts and cousins who went to college and specialized in law during times when blacks were not popularly accepted in such roles.

She credits the upbringing with her uncle, however, as being influential in shaping her attitude that helped her throughout her life.

"I was extremely lucky to go to live with my uncle," she said. The first

three or four years of her schooling occurred in all-white schools.

"It is one of the things that helped me to be integrated," Bowen said. "I got to the point where I didn't see any problem in doing what I wanted."

I got to the point where I didn't see any problem in doing what I wanted.

Retired Army Col. Clotilde D. Bowen

Today, at 82 years of age, she is still actively working as a consultant and travels frequently. When asked if she would ever stop working and settle down, she said, "I'd drop dead. I'm not ready."

NUMBERS, from Page 5

the Army may not make some monthly goals, efforts remain strong to achieve the recruiting mission of 80,000 new recruits.

Recent enlistment incentives include adding specialties that will receive the maximum \$20,000 enlistment bonus for an enlistment of three to six years in the active Army; the initial bonus payment is now \$10,000 following completion of initial entry training. The Army also expanded the student loan repayment program to all military occupational specialties. The Army Reserve offers non-prior service recruits up to \$10,000 for an enlistment of three or more years and prior service can earn up

to \$15,000 for a six-year enlistment.

As of end of the April reporting period, U.S. Army Recruiting Command accessed a total of 35,926 Soldiers into the active Army, 84 percent of the year-to-date mission.

As of end of the April reporting period, Recruiting Command accessed 7,283 Soldiers for the U.S. Army Reserve, 79 percent of the year-to-date mission. The Fiscal Year 2005 Army Reserve recruiting mission is 22,175.

The U.S. Army National Guard continues collecting its recruiting data from the 54 states and territories, so similar information is not available.

Advertisement

Post honors military and civilian volunteers

BY SPC. CREIGHTON HOLUB
SCOUT STAFF

The post volunteer program honored 30 civilians, 14 military personnel and two military units May 4 at the Murr Community Center for the volunteer work done during the past quarter.

Everett Clifton led the individual awardees with 3,000 hours of volunteer work with the Disabled American Veterans.

The two units honored were Company C, 304th Military Intelligence Battalion and Company A, 306th MI Bn. Company C, 304th won its fifth consecutive military volunteer student unit of the quarter and Company A, 306th

won the award for permanent party units.

All servicemembers earning the award may wear the award on the appropriate uniforms, but do not receive any promotion points, Kimberlee Bridges, Army Volunteer Corps coordinator, said.

The four volunteers of the year were honored Tuesday at the Thunder Mountain Activity Centre.

Unique Web access to news sources now available

BY NATALIE DANFORTH
MAIN LIBRARY

Armed Services & Government News and America's Newspapers/Hometown News are available at the Fort Huachuca Main Library and via Army Knowledge Online and through the U.S. Army Community & Family Support Center.

NewsBank, Inc. is the provider of both collections.

Search the full-text of more than 200 military and U.S. newspapers and periodicals including The Army Times.

Armed Services & Government News provides access to the full text of more than 30 key military newspapers and periodicals including The Army Times, Federal Times

Defense News, Training & Simulation Journal, and many more.

America's Newspapers offers coverage of 200 full-text newspapers. This collection includes national titles like The New York Times, Washington Post, and many others; as well as many smaller local and regional titles across the U.S. — keeping all Army personnel up-to-date on issues and events

from their state and city.

Both collections are easy to use, and searching can be conducted across all titles, a few titles, one title or an entire state or region. Articles may be printed or e-mailed.

The Main Library is open Tuesday through Friday from 10:30 a.m. to 7:30 p.m. and Saturday from 8:30 a.m. to 5:30 p.m. For more information, call 533-3041.

Advertisement

Fun, fun, fun at Johnston Elementary School

BY AMANDA KEITH
SCOUT STAFF

More than 400 children celebrated the approaching end of the school year by cutting loose last week during the annual Col. Johnston Elementary School "Fun Day" here.

Johnston School closes for summer on May 26 and Fun Day is a reward for the kids. It gives them a chance to unwind following the end of the year exams, like the AIMS test, Mark Kyte, the Johnston Elementary physical education teacher and organizer of Fun Day said.

Three dozen Soldiers from the 304th Military Intelligence Battalion were at the school to help run the stations and show the kids how to complete each station.

"We couldn't do this without the [Soldiers]," Barbara Comaduran, a special education teacher at Johnston Elementary, said. "Some of us are getting too old."

Comaduran helped run the water relay station, one of 12 stations that the students rotated through on Fun Day. Other stations were scooter boards, a javelin throw (using soft pool noodles), a Whiffle-ball throw, a soccer kick, an obstacle course, basketball shooting, a sponge relay, a frog toss, a kangaroo relay, a bubble gum blowing contest and a snow cone break.

"I've never seen an Army man run like that," said Joseph Lovelace, an 8 year-old and a member of Evelyn's Harris second grade class, after seeing a Soldier run the obstacle course.

The students squared off against other classes in their grade at the stations; each station saw two classes compete for 10 minutes at a time.

"Kids are so fun at that age," 2nd Lt. Chris Gustafson said. Gustafson helped run the scooter board races.

"I don't remember having that much energy," Lt. Jeffrey Doherty. "I'm tired just watching them run around." Doherty helped run the water relay.

Left: Kayla Shepherd flies through the sponge race.

Photos by Dan
Simon



Below: Ty Mares competes in the cup race during Johnston Elementary School's Fun Day.



Below: Taylor Wentworth blows a bubble, while Taryn Wentworth watches.



Right: Trenholm Reiszvitz participates in a competition to see who can cross the course the fastest while holding a ball between their knees.



Above: Ricky Gomez competes in the pool noodle javelin toss.



Above: Tommy Dewey celebrates a teammate's success during the frog toss event.



Above: Marcus Anderson goes strong to the rim.

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Service News

Moody Air Force Base struts its stuff

347th Rescue Wing, and the only active duty combat-search-and-rescue wing in the U.S. Air Force, pulled out all stops April 26 for a visiting group of civic leaders.

The Joint Civilian Orientation Conference is a weeklong tour of military installations for top civic and community leaders from across the United States. The tour highlights the latest U.S. military equipment and technology and acquaints civilian leaders with the missions and personnel of America's armed forces.

At Moody, JCOC participants not only learned firsthand about some of the most advanced air-power platforms in the world by the men and women who operate them, but were able to see and participate in demonstrations of their power and capabilities.

Moody's training programs take raw recruits and set them on a path to flying some of the most advanced warplanes in America's arsenal. The base is also home to Air Force Special Operations Command, which is responsible for the readiness of Air Force special operations forces deployed worldwide.

The day began with a demonstration of the speed and agility of the Air Force's primary flight trainer,

the T-6A Texan II. To the driving beat of rock music and DJ-styled Air Force announcer 1st Lt. Mike Gosma — the "Voice of the Texan II" — JCOC participants watched in awe as the plane swooped, dived and executed precision 360-degree barrel rolls just minutes after takeoff.

He also noted the aircraft's avionics are state-of-the-art. More than 200 new Air Force pilots are trained each year at Moody, officials said. After the Texan II, pilots continue to train on more demanding aircraft such as the T-38 Talon, the T-1A Jayhawk, the UH-1 Huey helicopter, and the T-44 Pegasus, which is flown in joint training with the Navy.

"The responsiveness, simplicity, endurance and cockpit comfort of the Texan II enables it to do its job efficiently and effectively," Gosma said, "giving our country the most respected military pilots in the world. It is a superb training platform."

Later in the day, JCOC participants scrambled into open vehicles for a true-to-life demonstration that eerily echoed the daily news. As the convoy slowed down to contend with a vehicle stopped in the road — a common tactic used by insurgents in Iraq — the "enemy" took advantage and initiated an attack detonating two

improvised explosive devices, followed by small-arms fire.

Security forces immediately engaged and suppressed the enemy while another security vehicle positioned itself to become a "sweeping element" to clear and destroy the enemy. Other vehicles deployed to secure the non-attack side of the area, while troops deployed brightly colored smoke to conceal their movements as the area was swept for other insurgents. Five "enemy combatants" were killed, several wounded, and two captured in the simulated attack.

Another demonstration involving special operations forces simulated the seizure of a strategic airfield in enemy territory. Complicating the mission was a small enemy force in the vicinity of the targeted airfield.

The simulation included impressive maneuvers involving an MC-130 Combat Talon II aircraft, which is used for special operations missions; an MH-53 Pave Low helicopter; and an F-15; as well as a quick-reaction special operations unit, combat controllers, pararescuemen, air refueling, and other demonstrations of Air Force weapons systems and capabilities.

"Way up on the 'wow meter,'" was the way JCOC participant William Young put it.

Advertisement

Ultimate sacrifice paid in support of OIF

Staff Sgt. William J. Brooks, 30, of Birmingham, Ala., died May 3 in Baghdad, Iraq, when his unit was conducting a route security mission and an improvised explosive device detonated near his HMMWV. Brooks was assigned to the 1st Battalion, 64th Armor Regiment, 3rd Infantry Division, Fort Stewart, Ga.

Sgt. Stephen P. Saxton, 24, of Temecula, Calif., died May 3 in Baghdad when his unit was conducting a route security mission and an improvised explosive device detonated near his HMMWV. Saxton was assigned to the Army's 3rd Armored Cavalry Regiment, Fort Carson, Colo.

Staff Sgt. Tommy S. Little, 47, of Aliceville, Ala., died May 2 at Brooke Army Medical Center in San Antonio, Texas, of injuries sustained on April 19 near Iskandariyah, Iraq, when an improvised explosive device detonated near his HMMWV. Little was assigned to the Army National Guard's 2nd Battalion, 114th Field Artillery Regiment, Columbus, Miss.

Sgt. John E. McGee, 36, of Columbus, Ga., died May 2 near Diwaniyah, Iraq,

when an improvised explosive device detonated near his convoy vehicle. McGee was assigned to the Army National Guard's 2101st Transportation Company, Camden, Ala.

Spc. Derrick J. Lutters, 24, of Burlington, Colo., died May 1 along a supply route in Iraq when a vehicle-borne improvised explosive device detonated while his unit was inspecting a bridge for enemy tampering. Lutters was assigned to the Army National Guard's 891st Engineer Battalion, Pittsburg, Kan.

Staff Sgt. Juan De Dios Garcia-Arana, 27, of Los Angeles, Calif., died April 30 in Khaladiyah, Iraq, when his Bradley Fighting Vehicle was attacked by enemy forces using small arms fire. Garcia-Arana was assigned to the 5th Battalion, 5th Air Defense Artillery Regiment, 2nd Infantry Division, Camp Hovey, Korea.

Sgt. Kenya A. Parker, 26, of Fairfield, Ala., died April 30 in Baghdad of a non-combat related medical condition. Parker was assigned to the Special Troops Battalion, 3rd Infantry Division, Fort Stewart, Ga.

2nd Lt. Clifford V. Gadsden, 25, of South Carolina, died April 29 in Balad, Iraq, when a vehicle-borne improvised explosive device detonated near his convoy vehicle. Gadsden was assigned to the Army's 603rd Transportation Company, 142nd Corps Support Battalion, Warrior Brigade, Fort Polk, La.

Two Soldiers died April 29 in Diyarrah, Iraq, when a vehicle-borne improvised ex-

plosive device detonated as they were conducting a traffic control point inspection. Both were assigned to 2nd Squadron, 11th Armored Cavalry Regiment, Fort Irwin, Calif.

Killed were:

Capt. Stephen W. Frank, 29, of Michigan.

Capt. Ralph J. Harting III, 28, of Delaware.



Advertisement

Def Jam Comedy Show set for May 20 at TMAC

The Thunder Mountain Activity Centre will host the Def Jam Comedy Show at 10 p.m., May 20. The show is open to the public 18 and older and features adult entertainment.

Headlining the show will be "Kool Bubba Ice." He has appeared on Black Entertainment Television's Comic View, HBO Def Comedy Jam, the Apollo Comedy Hour and Showtime at the Apollo.

Returning to Fort Huachuca to host the show will be everyone's favorite, "Ice Cream." Ice Cream has appeared on B.E.T.'s Comic View on four separate occasions.

Featured will be up-and-coming young comedian Alex Scott. Scott has also made several appearances on B.E.T.

Advance tickets are on sale now for \$15 at TMAC, Time Out, ITR Office, Sierra Vista Safeway and bingo at LakeSide. Tickets will be \$20 at the door.

For more information about the comedy show, call TMAC at 533-3802 or 533-7322.

Left to right, Ice Cream, Kool Bubba Ice and Alex Scott will perform live at TMAC May 20.



"Teen Night" at Time Out

Time Out will present "Teen Night" for high school students, 6 - 10 p.m., Saturday. In order to attend, you must have a current high school ID or a combination of state-issued ID and documents to prove your high school status.

Cover charge will be \$3 with military ID and \$4 without. The admission price includes free munchies and door prizes.

Time Out is located on Arizona Street, across from Barnes Field House.

For more information, call 533-3876.

Arts, crafts, programs for children

The Little Hands children's arts and crafts program is offered from 10:30 - 11:30 a.m., Saturdays at the MWR Arts Center. The program is open to children age 5 - 12.

Each week, participants fabricate a different craft. Cost of the Little Hands program is \$6 per class or \$10 for two classes.

The Arts Center presents "Kids' Thursday," 3 - 5 p.m., the first and last Thursday of each month.

The next class is pottery, May 26. The program is open to children ages 3 - 10.

Cost of the program is \$7.50 per child and all materials are included. Pre-registration is required.

You can register your child for these classes at the MWR Arts Center, Building 52008 on Arizona Street. For more information, call 533-2015.



Army-wide arts, crafts contest

The MWR Arts Center has information and entry forms for the 2005 Army Arts & Crafts Contest. The contest is open to all authorized MWR patrons, except employees of the Army Arts and Crafts program.

Entry deadline is Tuesday. Stop in at the MWR Arts

Center, Building 52008 on Arizona Street, or call 533-2015 for more information.

Skeet, trap shoot league meeting set

An organizational meeting for a proposed men's and women's summer skeet and trap shoot league will be held at 5 p.m., Wednesday at the Sportsman's Center.

For more information, call Mick Gue at 533-7085 or Bob Pinter at 533-7998.

Right Arm Night set for May 20 at TMAC

The next Commanding General's Right Arm Night, will begin 4 p.m., May 20 at Thunder Mountain Activity Centre.

Right Arm Night is a great opportunity to relax and socialize. Pay-as-you-go beverages and finger foods will be available. Call 533-3802 for more information.

Leisure Needs Survey is on its way

If you haven't already received your copy, the 2005 Army MWR Leisure Needs Survey will be arriving shortly. The survey is specifically tailored to Fort Huachuca, in an effort to obtain your views on MWR activities that are available and that are needed. The results will be used to improve and enhance activities that are most important to you.

Your opinion is vital in this effort. Make it count by completing the questionnaire so your opinions and suggestions can be heard. Responses will be strictly anonymous and confidential.

Active duty and civilian employees will receive the survey through post distribution. Retirees and family members will receive their surveys in the mail. The survey is also available online at www.ArmyMWRSurvey.com.

Barnes Pool closed Sunday, summer hours start May 23

The pool at Barnes Field House will be closed Sunday to host the Thunder Mountain Aquatic Club Swim Meet.

Summer hours will go into effect at Barnes Pool May 23. The pool will be open: 5 - 7:30 a.m., for lap swim;

7:30 - 11 a.m., for multi-use; 11 a.m. - 1 p.m., for lap swim; and 1 - 5 p.m. for open swim, Monday - Friday. For more information, call 538-3858.

Registration for swimming lessons

Registration for the first two sessions of swimming lessons will be held 8 a.m. - 2:30 p.m., May 23 - 27 at Barnes Indoor Pool. Session I will be held June 7 - 17. Session II will be held June 21 - July 1. Cost is \$30 per session.

There will be three sessions of swimming lessons this year. Watch future issues of *The Scout* for registration information about the third session.

For more information, call Karlie Hale at 533-3858.



'Why Not?' Dinner Dance at TMAC

The Thunder Mountain Activity Centre will present the "Why Not?" Dinner Dance, 6 p.m. - 1 a.m., May 27. The event is open to high school students only. The admission charge is \$8 per person or \$12 per couple.

The price includes a full buffet dinner, with salad bar and dessert station. There will also be door prizes and a DJ playing a variety of music.

For more information, call TMAC at 533-3802.

Irwin Pool to open Memorial weekend

Irwin Pool will open for the summer season 11 a.m. - 7 p.m., May 28.

The pool's summer hours will be: 11 a.m. - 7 p.m., Monday, Thursday, Friday, Saturday and Sunday. It will be closed Tuesday and Wednesday.

For more information, call 538-3858.

Special hours at Eifler May 30

Eifler Fitness Center will be open 9 a.m. - 5 p.m., May 30, because of the Memorial Day holiday. For more information, call Lisa Franklin at 533-4723.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com.



Movies

Sin City plays at 7 p.m. Saturday at Cochise Theater. For the complete listing of this week's movies, see Page 28.

Post vet cleans up on dirty dogs



BY DAN SIMON
SCOUT STAFF

Friday was a bad day to be a dirty dog.

A handful of forlorn pooches found that out the hard way as their human companions took advantage of a dog-washing event held by the fort's Veterinary Treatment Facility in honor of National Pet Week.

The event was the brainchild of Capt. Christina Truesdale, the facility's officer in charge. Spc. Karey Howard

and Spc. Carman Stafford also pulled duty as dog washers.

"We'll probably do it again next year," Truesdale said. "We thought we'd give it a try. It's not really costing us anything. The supplies were donated and B Troop loaned us the wash tub."

"I'd like to expand this into a big pet fair with booths and exhibitions."

Sara Lachause, a military spouse, brought her two furlpals, Cujo, a 9-year-old husky; and Malakai, a 1-and-a-half year old American Staffordshire

terrier; in for baths to help support the veterinary program.

"We bring our dogs here," Lachause said. "It's a good veterinary clinic. We figured we donate some money."

There was no charge for the doggie baths, but the clinic did accept donations.

The event drew about a dozen dogs. That was fewer than Truesdale hoped, but she figures more aggressive promotion next year will lead to customers.

"We could use more bodies," she said. "We need more dirty dogs."



Photos by Dan Simon

Above: Spc. Karey Howard and Spc. Carman Stafford give a customer a bath.

Left: Spc. Karey Howard, Spc. Carman Stafford and Capt. Christina Truesdale, give Cujo a bath. The 9-year-old husky belongs to military spouse, Sara Lachause. The three Veterinary Treatment Facility staffers were holding the dog wash in honor of National Pet Week.

Below: Malakai, an 18-month-old American Staffordshire terrier, participates in the dog wash.



Fit For Life

Understanding functional training

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

This week's article is in response to a reader's question.

Q. What is functional training and is it really better than strength training with free weights or strength machines?

A. Functional training is a more contemporary term for specifics training, which still covers a lot of ground. Free weights and some other strength equipment are still used to perform this type of training in many cases. The main purpose of function training is to improve motor ability skills along with strength and muscular endurance. These skills include agility, balance, coordination and in some instances power, speed and reaction time.

There are several forms of function training ranging from normal strength training to modified exercises and basic body movements. Essentially, the purpose of strength training is to develop and improve strength levels for work, sport and other physical activity.

No matter what you do or why you do it, the "Principle of Specificity" is involved. In plain words it means "the closer the similarity of the training mode to the actual task, the more likely a carryover or transfer effect will result to improve performance on that task."

For example, if you were preparing for a bench press power lift function training for competition, would you train on free weights or a chest press machine?

Obviously the free weights used for the competition would be the better choice. Why? Free weight exercises involve balancing of the weight and coordinating the timing of the movement. This requires synergistic and stabilizing action by muscles other than the primary movers. The chest press machine does not. While it isolates the primary movers, the machine doesn't require the use of guiding and stabilizing muscles whereas free weights do.

Functional training does serve a purpose. An infantry Soldier or Marine would not be ready for a long forced march or hike unless prior practice has occurred with the 60-80 pound pack load plus weapons and ammunition. Exercises alone could not simulate that task.

Rock climbing requires a strong upper body, back and legs to be successful, but exercises alone would not prepare one to climb. Along with

strength exercises one would need more activity-specific tasks such as rope climbing, peg boards, one-arm push-ups and pull-ups, practicing technique on indoor walls and outdoors on boulders before attempting to tackle climbs on rated routes with ropes.

As to what type of training is best, it would depend upon the purpose. If your goal is to improve sport or other activity performance, then definitely some forms of function training will help and free weights would be your best mode to attain this.

On the other hand, if staying fit and healthy are the goals, then it doesn't matter which strength mode you use. To assist in improving motor ability skills, free weights would be best. Core strength would also fare better with free weights because of the involvement of guiding and stabilizing muscles. However, keep in mind if sport performance is your goal, you must also practice the specific sport skills along with other training for transfer to take place.

Some ways to use function training for strength and motor skill development would be to modify strength exercises to include agility, balance and coordination. A few examples: substitute a medicine ball for the dumbbell press. Perform one arm at a time. As balance improves, do the same overhead press standing on one leg. Another would be to lie on a bench and push a medicine ball straight up like a bench press, but release it with as much power as you can generate (be sure to have a "catcher"). Try dumbbell bench presses using an exercise ball in place of the bench. A modified free-body type exercise would be the "hand clap" push-up. From the push-up starting position, lower the body and push up, clapping the hands together once before resuming the starting position. Repeat as physical condition allows. Variations would include "clapping twice" or trying the exercise with one foot and leg suspended.

Combination exercises also serve the purpose of function training. Try combining the power clean and power press (overhead), the bent arm pullover and bench press, and the power clean and front squat. Plyometrics (a future article), a form of rebound training has shown excellent results for improving power and speed.

Keep in mind that for many exercises, you will need to decrease the weight load to compensate for the loss of stability. Some exercises can be dangerous, especially to the knees and low

back and caution should be observed. A partner or spotter may be helpful. As with any strength exercise, start with light resistance and master the technique before increasing resistance.

Functional training requires some creativity, but always should be relevant to the activity or task involved. It's usually done with a purpose in mind, but can also improve skills useful for daily living.

*Glossary

1. Primary movers - are the contracting muscles which control a specific joint motion through its entire range of movement. Also known as MMI, muscles most involved. Example: arm curl; elbow joint flexion caused by contraction of the MMIs, the biceps brachii, brachialis and brachioradialis.

2. Contralateral muscles - are located on the opposite side of the primary movers. They reflexively relax to allow movement to take place and help control

speed of the motion, especially on the return movement. Example: arm curl; triceps brachii.

3. Guiding muscles - also referred to as synergistic action. They guide a joint movement and rule out undesired motion. They are located parallel to the moving joint and balance movement on both sides. Example: hip flexion (as in kicking a football); MMIs are the psoas, iliacus, pectineus and rectus femoris, CMs are the gluteus maximus and hamstrings, GMs are the abductors on the lateral side and adductors on the medial side.

4. Stabilizing muscles - Various muscles that contract to fixate or stabilize an area in order to enable another body part to exert force and move. Example: during an overhead barbell press, stabilization takes place from the musculature of the lumbar-thoracic spine, pelvic girdle, hip, knee and ankle joints.



Photo by Staff Sgt. Lisa Jendry

Billiards on the green

Lt. Col. Paul A. English, 504th Signal Battalion commander, has a little fun during the 11th Signal Brigade Team Building Golf Event.

Arizona Tourist

Tucson Children's Museum offers both fun and learning

BY AMANDA KEITH
SCOUT STAFF

It's pretty rare to see a place that combines fun with learning, but the Tucson Children's Museum is that place. Located in scenic downtown Tucson, across the street from the Armory Park (a great place for a post-visit picnic), the museum has a lot to offer both kids and parents.

The Tucson Children's Museum is an interactive museum; kids and parents are allowed to touch and play with the exhibits and are even allowed to learn something from the fun.

One of the featured attractions of the Tucson Children's Museum is the dinosaur exhibit. Dinosaur Canyon features four life-sized dinosaurs, includes a video that gives background information about the behavior and psychology of the dinosaurs. Dinosaurs are also featured in the museum's courtyard; a wire-mesh *Tyrannosaurus Rex* watches over the museum steps.

Another featured attraction of the museum is the Ocean Discovery Center. The center allows kids and parents to see dissected marine life, such as a shark and a clam, explore a submarine model, and see items that include sea-life products, such as cream-filled ice cream treats and salt.

Some other exhibits are The Greatest Choice on Earth, an inside look at what smoking does to the body, the Temple of Art, which showcases art from local students, a simulated farmer's market, hands-on exhibits of a fire truck and police motorcycle, and a young explorer's center that offers youngsters the chance to work

and learn on computers.

The museum also has a model train exhibit that is currently under construction.

Museum hours are 10:00 a.m. through 5:00 p.m. Tuesday through Saturday. The museum is open on Sundays from noon to 5:00 p.m. and is closed on Mondays.

Admission prices for the museum are \$3.50 for children 2-16, \$5.50 for adults, \$4.50 for seniors. Children under 24 months get in free. Guided tours for teachers and students at discounted prices are also available. For more information, see the Tucson Children's Museum Web site at www.tucsonchildrensmuseum.org.

Parking

The museum does not have a parking lot; but metered parking spaces are available around the museum and Armory

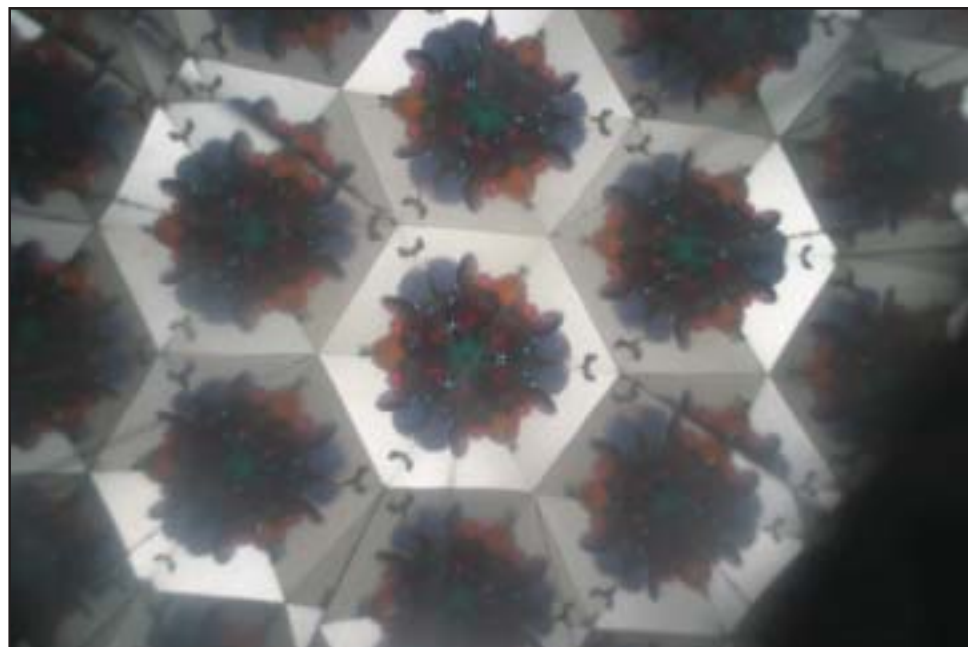
Park and parking is free on weekends.

Getting there

From Sierra Vista, take Highway 90 to West Interstate 10. Take the Congress/Broadway exit and turn right onto Congress. Congress will become Broadway; from there, turn right onto Scott Ave. From Scott, turn left onto E. 12th Street. The museum is located on the corner of 12th Street and 6th Ave.

The Tucson Children's Museum celebrated Mother's Day by offering a paper-flower workshop. On Mother's Day, moms were admitted into the museum free of charge.

Editor's note: information for this article was taken from the Tucson Children's Museum Web site at www.tucsonchildrensmuseum.org.



Inside Paul Bunyan Giant's Kaleidoscope at the Tucson Children's Museum.



Photos by Amanda Keith

The end result for a smoker's lung is one part of the *Greatest Choice on Earth* exhibit in the Tucson Children's Museum.

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Youth Tae Kwon Do class to begin

The SKIESUnlimited program Tae Kwon Do class will be held 6:30 - 7:30 p.m., Tuesday at the Youth Center, Building 49013. The classes will continue every Tuesday and Thursday during that time period. This is a year-long class, but students may attend on a monthly basis. Class fee is \$25 per month.

The class is open to youth ages 5 - 18, whose parents are active duty or retired military, Department of the Army civilians, Non-appropriated Fund employees or contractor employees. Participants must also be members of Child and Youth Services.

If a parent is interested in attending the Tae Kwon Do class with their child, they may do so by paying an additional \$25 monthly class fee.

For more information, call Robin Gabert at 533-0710.

Youth football camp

The Colt Youth Football Camp and Coaches Clinic is coming on Saturday to Buena High School. George Martinez, former NFL and collegiate coach, and Vincent Pershing, former Rice University offensive lineman, will be leading the coaches clinic. Walk-in registration at 1 p.m. on Saturday is allowed. The clinic/camp will be followed by a barbeque for players, parents and coaches. For more information, call Michael Vezzosi at 515-2800.

Sierra Vista Community Chorus

The Sierra Vista Community Chorus presents "And the Winner is..." a program of songs that have all won Academy Awards. The concert will be at 7 p.m. Saturday at the Buena Performing Arts Center. Tickets are \$7 dollars in advance or \$8 at the door. Tickets are available at Safeway, the Ethel Berger Center or from any chorus member.

Summer camp registration

Registration for Middle School Team/School Age Services Summer Youth Camps for current middle school team and school age servicesmembers will continue through Sunday. Sign up at the Child and Youth Services Central Registration Office at the Murr Community Center. For more

information, call Marty Johnson at 533-0738.

Football and cheerleading registration

Registration for the Sierra Vista American Youth Football and Cheer 2005 Season is going on from 10 a.m. to 2 p.m. May 21 at Big 5 Sporting Goods and at 1 p.m. to 4 p.m. on Saturday and 28 at Fort Huachuca Youth Services. Football is open to kids ages 5-15 and cheerleading is open to kids ages 5-14.

For more information, call Keith Hampton at 458-2320 or e-mail svyouthfootball@cox.net.

The 9 Hole Match Play

The Greater Huachuca Men's Golf Club will be hosting the 9 Hole Match Play at 7 a.m. on May 21 and 22. All golfers with established AGA handicaps are eligible and invited to play. The tournament entry fee is \$16, the green fee is \$20 each day and the cart fee is \$9 each day. Cutoff for registration is the first 144 paid golfers or 5 p.m. on Monday.

Participants will be flighted by handicap in groups of six. Each participant will play five nine-hole matches, one against each participant in their flight unless there happens to be five in that flight, which they will have a bye and play the other four participants in their flight. Each participant will receive 3 points for a win and .5 points for each hole won, for a total of 7.5 points max in each match. The player with the most points wins their flight. Full handicap will be provided for each player on the holes where they fall over 18 holes. For example: If you get one stroke from your opponent and play the front you get a stroke, however, if you play the back you will not get the stroke.

Minimum number of players needed to sign up for this event is 42. We can shotgun the 1st and 4th rounds. The 2nd, 3rd and 5th rounds will need to be tee times. Depending on the number of signups payouts we will be for 1st, 2nd, and 3rd in each flight.

For more information, call Carl Biski, 452-1252.

Rabies clinic

The Huachuca City Animal Shelter will be having a ra-

bies clinic from 9 a.m. to 1 p.m. on May 28 at the Huachuca City Animal Shelter. The rabies shot will cost \$15 per shot, cash only. Huachuca City residents may also buy city licenses for their pets. For more information, call Laurie Fivecoat at 456-1337.

Memorial Day ceremony

The public is invited to participate in a candelight and wreath laying ceremony at 6:30 p.m., May 30 at the Southern Arizona Veterans Memorial Cemetery, located at 1300 Buffalo Soldier Trail.

A patriotic ceremony including the pageantry of "Posting of the Colors" by American Legion Bill Carmichael Post #52 of Sierra Vista; presentation of the organizational colors of several other local veterans organizations, a short address by Randy Groth; a proclamation from the Honorable Janet Napolitano, Arizona governor and a proclamation by the Honorable Tom Hessler, Sierra Vista mayor, are among the honors to be paid to our heroes, the deceased veterans at their final resting place.

For more information, call Terry Nuti at 458-7144 or Leo Pimple at 459-0103.

Coaches' meeting for track & field

The coaches' meeting for the 2005 Commander's Cup Track and Field Program will be held at 10 a.m., May 31 at Barnes Field House. Units wishing to participate in the program should submit a letter of intent, with coach's name, duty phone and e-mail address at this meeting. The program will be conducted starting at 6 p.m., June 13 - 15 at Bujalski Field.

This is a recreational program, open to all authorized MWR patrons. For more information, call Michelle Kimsey at 533-3180.

Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition, wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.

Pets Of The Week



Kitten one is a nine week old, gray, male.

Kitten two is a nine week old, Calico, female.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forthuacupetfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

Miss Congeniality 2

PG-13

Friday -7 p.m.

Beauty Shop

PG-13

Saturday -7 p.m.

Sin City

R

Sunday -2 p.m.

Beauty Shop

PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



All-Army wrestlers qualify for U.S. World Team trials

BY TIM HIPPS
ARMY NEWS SERVICE

A dozen All-Army wrestlers earned berths in the U.S. World Team trials by finishing among the top seven in their respective weight classes in the 2005 U.S. National Wrestling Championships April 29 and 30.

Those who won national championships at the Las Vegas Convention Center earned top seeds and will advance directly to the championship series finals in the world team trials scheduled for June 18 and 19 in Ames, Iowa.

Staff Sgt. Dremiel Byers and Sgt. Iris Smith led the All-Army team by winning their respective weight classes, as did Sgt. Tina George, a member of the U.S. Army World Class Athlete Program who competed here for New York Athletic Club because her WCAP paperwork was not completed in time for the tournament.

Byers, one of only four Americans

to win a Greco-Roman world championship, defeated New York Athletic Club's Russ Davie in the Greco heavyweight final.

Smith won her fourth national crown by defeating defending champion Ali Bernard of New Ulm, Minn., in the women's 158.5-pound freestyle finale.

George won her third national championship by defeating Sunkist Kids' Marcie Van Dusen in the women's freestyle 121-pound weight class.

Two-time U.S. Olympic Trials winner and four-time national champion Staff Sgt. Keith Sieracki moved up to the 185-pound Greco-Roman weight class and lost in the finals to New York Athletic Club's Brad Vering, a 2004 Olympian.

It's only a matter of time, Byers said, until the Soldiers regain their form that captured four national Greco-Roman team titles in the previous five years.

Ask The Dietitian The power of vegetables

CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

Let's talk rabbit food! This week we continue our look at the new Food Guide Pyramid with the vegetables group. There are five subgroups of vegetables based on their nutrient content: dark green vegetables, orange vegetables, dry beans and peas, starchy vegetables, and other vegetables.

The important message here is to "vary your veggies." Someone once said "Variety is the spice of life." With vegetables it's no different. Varying your veggies provides many vitamins and minerals our bodies need.

Vegetables are also a great source of fiber which, as we talked about last week, helps you to feel fuller longer and keep us regular. Try to aim for more dark green and orange veggies as well as dry beans. Veggies can be fresh, frozen or canned; however,

canned vegetables tend to have added salt, so if you have high blood pressure and need to watch your salt intake, limit canned vegetables. Now, with that said, don't take perfectly healthy veggies and make them unhealthy by ... breading, frying, adding butter or cheese as this defeats your purpose of eating "healthy" vegetables.

How many servings of vegetables are recommended? Adults should consume 2-3 cups of vegetables each day. A one cup serving of vegetables is equal to 1 cup of raw or cooked vegetables or 2 cups of raw, leafy greens or 1 cup of vegetable juice. Be sure to check out the Web site at www.MyPyramid.gov for more information. Next week we will take a look at the fruit group. Happy Eating!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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